

Competitive Events Program

- Provides a system for recognizing excellence in performance of knowledge and skills developed by members through
 - ◆ Health Science Education classes
 - ◆ Work-Based learning opportunities
 - ◆ HOSA chapter activities
- Emphasizes good sportsmanship and the value of the knowledge and skills gained during the preparation and presentation

Participation enhances...

- Goal-setting skills
- Critical thinking skills
- Problem solving skills
- Achievement-oriented behaviors
- Promotes self-esteem and self-confidence
- Leadership skills and teamwork
- Pursuit of excellence in performance

Participation Guidelines

- Must be a current member of National and State HOSA
- May enter one event only (Categories 1-4)
- Must follow event guidelines
- Must adhere to event dress code
- Must be on time for scheduled event
- The decision of the judges is FINAL!

Category I

Health Occupations Related Events

- Dental Spelling
- Dental Terminology
- Medical Spelling
- Medical Terminology
- Medical Math
- Knowledge Tests: Nutrition
 - Pathophysiology
 - Pharmacology
 - Human Growth & Development
 - Concepts of Health Care

Category II

Health Occupations Skill Events

- Administrative Medical Assisting
- Clinical Specialty
- CPR/First Aid
- Dental Assisting
- Dental Lab Tech
- EMT
- First Aid/Rescue Breathing *
- Medical Assisting - Clinical
- Medical Lab Assisting
- Nursing Assisting
- Personal Care *
- Physical Therapy Aide
- Practical Nursing
- Sports Medicine
- Veterinary Assisting

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Category III

Individual Leadership Events

- Care Plan (Regional and State)
- Extemporaneous Health Poster
- Extemporaneous Speaking
- Extemporaneous Writing
- Interviewing Skills *
- Job Seeking Skills
- Prepared Speaking
- Researched Persuasive Speaking
- Speaking Skills *

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Category IV

Team Leadership Events

- Biomedical Debate
- Career Health Display
- Community Awareness
- Creative Problem Solving
- HOSA Bowl
- Medical Reading
- Parliamentary Procedure

Category V Recognition

- Outstanding HOSA Chapter
- Outstanding HOSA Member
- Outstanding Alumni Member
- National Recognition Program
- National Healthcare Issues Exam
- National Service Project
- Barbara James Service Award
- Chapter Newsletter

State Events for Tennessee

- State Leadership Conference T-Shirt Design
- National Theme
- ...any new events to be evaluated

Event Preparation

- Read general rules and guidelines
- Select an event consistent with career objectives
- Obtain event guidelines – read and review
(www.hosa.org - **HOSA Handbook, Section B**)
- Talk to previous competitors and HOSA advisors
- Know the event guidelines and rating sheets
- Obtain necessary equipment and supplies
- Practice, practice, practice!